



Engineering Freedom



Issue 3

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Newsletter of the 30th Engineer Brigade

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From the Chaplain...

It's been more than six weeks since we left the gentle Carolina landscape. Valentine's Day has served as a poignant reminder of the reality of separation from family, friends, and sweethearts.

This deployment not only places significant demands on the service member, but also on his or her family. Military families often have to make sacrifices and adjustments that their civilian counterparts will never know or understand. Separation is perhaps the hardest part of any deployment. Being away from our loved ones for extended periods of time can present great challenges, but being away can also provide a time for GROWTH.

In any time of separation, our attitudes are very important in being able to handle the situation. What is an attitude you might ask? An attitude is simply the state of mind which we are in. Our attitudes are very important because they influence what we say and do. Attitudes can also affect how we feel, not only physically, but emotionally and spiritually. A person's attitude can be either positive or negative. It is the positive attitude that is essential in dealing with times of separation. A positive attitude helps all those involved deal with difficult times. A negative attitude only makes the circumstances worse. What is important to remember about attitudes is that you have a CHOICE as to which attitude you will have. During times of separation you can commit to a positive attitude and make the best of the situation, or you can develop a negative attitude, withdraw from everyone and complain the whole time you are apart. Given the option, which is best? The positive attitude is the best choice every time.

What are some of the things you can do to help develop and maintain a POSITIVE ATTITUDE?

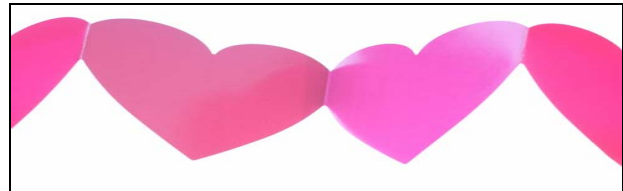
- Keep the lines of communication open with each other.
- Continue a program of physical fitness, healthy eating and sunshine.
- Be flexible and realize that some things are out of your control.
- Plan for times of stress and realize when it is time to take a break.
- Maintain a sense of humor, because life is meant to be enjoyed.
- Find ways to help others who are going through difficult times.
- Learn to give encouragement to others and to accept encouragement.
- Rely on your spiritual values and faith in God to give you the right mindset.
- Take time to take care of yourself (Mental health days are great).
- Frequently talk through issues that are concerning you with a friend.
- Learn how to express your feelings appropriately with others.
- Avoid, alcohol, drugs, and caffeine because these substances can alter your mood.

Deployments can put an enormous amount of stress on the service member and his or her family, but by developing a positive and healthy attitude, you can manage the challenges you are facing, and make the best of the experience.



Chaplain (Lt. Col.) Gus Thomas

From all of us, so far away!



Check out our new *WEBSITE*:

www.engineeringfreedom.us



Sgt. Barbara Tobin, Construction Management Operations Section enjoys handcrafted Valentines from thoughtful kindergarten children in Raleigh.



On a recent mission to a local school, Lt. Col. Richard Fay, Judge Advocate General for the brigade, makes a friend.



Iraqi children's eyes reflect innocence and hope. "You really see what we're over here for," said Sgt. 1st Class Jamie Helms, Senior Legal NCO.



Spc. Shawnise Herrold, S-3, and Spc. Julia Jablonska, JAG get "outside the wire". A hungry donkey tries to have Jablonska's glove for lunch. On a typical day back home, Herrold and Jablonska might be more likely found studying for a test or out with friends. They'd probably be dressed differently, too.



Lt. Col. Jim Ernst, section chief, and Spc. Samuel Hawks, Construction Management Section, converse before undertaking a reconnaissance mission in northern Iraq. The Construction Management Section, designs and manages building projects both on and outside of Camp Anaconda.



General Aziz, commander of the new Iraqi Army's 4th Division, unfurls the division's colors and accepts beneficial occupancy of a temporary compound near the city of Tuz, on which our CMS Team 2 assisted in design and renovation management. A group of local school children sang during the dedication ceremony. Afterwards, Sgt. Ron Galyean delighted the youngsters with some American style treats.



Sgt. Jamie Whittle, Rat Patrol, and Sgt. Earl Kinsey, S6 technician, square away communications equipment with Brig. Gen. Thomas Lawing before a convoy leaves camp. Commo checks are vital to mission success.



Chief Warrant Officer 5 Galen Cassada, S4 Logistics, is responsible for maintaining key engineer equipment. The brigade maintains and operates equipment like this D-9 bulldozer in support of combat operations.

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The sun sets over Camp Anaconda bringing deployed soldiers, their families and friends one day closer to reunion.

